



**Proud of our Veterans,
Proud of America!**

THE epicenter

Newsletter of the VA Palo Alto Health Care System (VAPAHCS) • February 2003

Why Is Oral Health Important?



The reasons for good oral health are much more important than cosmetic. It was once thought that the worst outcome of oral dental disease was tooth loss, but we now know oral health matters from head to toe!

We all have learned that prevention is one of the keys to maintaining over-

all health. Our health care providers encourage us to exercise and to eat a healthy diet to help reduce our risks for heart problems, strokes and certain types of cancers. In much the same way we all need to take care of our oral health now to prevent gum disease, tooth loss, oral cancer and other serious health problems later.

Like smoking, elevated cholesterol or obesity, gum disease may be a risk factor for a number of serious health conditions. Recent

studies have linked gum disease to heart disease, strokes, lung disease, diabetes and preterm low birth weight deliveries.

In one of several studies conducted recently, a group of 1,200 U.S. Veterans was followed over a 35-year period to look at potential links between gum disease and the heart. This group underwent extensive medical tests, which included regular dental check ups. The study found that men with moderate to severe gum disease were much more likely to suffer from stroke or heart disease than those who maintained healthy gums.

How is this possible?

For individuals with gum disease the simple act of chewing can injure gum tissue and allow bacteria to enter the bloodstream. It is now believed that these bacteria may travel to other parts of the body, potentially worsening or causing other types of health problems.

What can you do?

If you have or are at risk for one or more of these health conditions, it is very important to pay attention to your oral health.

The good news is that with regular, proper oral care, gum disease can be controlled or in many cases even reversed. Less than 5 minutes twice a day is all it takes to maintain or improve oral hygiene. It's never too late or too early to develop good oral health care habits.

(Oral Health Tips continued on back page)

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A Word From Our Director



**Elizabeth Joyce Freeman, Director
VA Palo Alto Health Care System**

As we enter the fifth month of fiscal year 2003, we are still awaiting receipt of the VA Budget from Congress. This highly unusual situation is a reflection of the uncertainty our entire country is experiencing. We remain optimistic the House and Senate versions of the VA appropriation will be reconciled soon. Because of the uncertainty of our final VAPAHCS budget, many local initiatives are on hold, as we are required to cap

spending at fiscal year 2002 spending levels. We will advise you as soon as this situation is resolved.

As expected, this year promised to be full of challenges and opportunities. On January 17, 2003, Secretary Principi announced VA was suspending enrollment for new Priority Group 8 veterans. This change was necessary to ensure the provision of high quality health care. VA has been unable to provide all enrolled veterans with timely access to health care services because of the tremendous growth in the number of veterans seeking VA health care. Without this action, demand would continue to exceed our capacity in terms of staff and resources. It is estimated this decision will affect approximately 164,000 veterans nationally for the remainder of this fiscal year. Locally, we anticipate approximately 1500 to 2000 veterans who would have applied for enrollment may be affected. Our Business Office and Social Work staffs are available to assist in answering questions from veterans on this new enrollment decision.

Our work in conjunction with the CARES (Capital Asset Realignment for Enhanced Services) process continues. As was announced previously, the deadline for submission of our Market Plan has been extended to April 15, 2003. A decision was made in Central Office

to re-run the enrollment projections using the 2000 Census data. 1990 Census data had been used previously. A decision has also been made to include long term care planning initiatives in this round of CARES analysis. The impact of this new data on the six planning initiatives we had previously received will be known in mid-February. We will continue to announce all information regarding the CARES process in bulletins and through town hall meetings open to staff, veterans and other interested parties.

We have been advised some of our staff that are reservists may receive the smallpox vaccination from their respective Department of Defense military units. We have sent individual notices to every reservist requesting that they advise us before they return to duty. We will make every effort to ensure all patients, staff and visitors are treated safely as we await the deployment of either the Santa Clara County or VA smallpox vaccination programs. While there has been much activity regarding training and preparation of policies, we have not received a date as to when our initial group of ten VA staff will be vaccinated. If you have questions regarding our involvement in the smallpox vaccination process, please refer them to our infection control staff. Dr. Mark Holodniy, Gina Oda and Judith Rosen have done an outstanding job in managing our preparations. I also want to thank Rae Denison for her tireless work in support of our emergency preparedness activities.

In closing, on February 4, I had the privilege to spend a day with VA Secretary Principi, Dr. Roswell, Under Secretary for Health, Ms. Nora Egan, VA Chief of Staff and other top VHA leaders as part of an informal retreat with eleven other facility directors from across the country. Secretary Principi will conduct a similar retreat with twelve VISN directors on February 14. We had a lively session and spent a full day exchanging ideas and sharing perspectives on a number of topics. It was both energizing and inspiring for me to see first hand Secretary Principi's commitment to both veterans and the VA staff who have spent their careers in public service. His respect and gratitude for what you do is genuine. I share in his praise for your dedication and commitment at all times, especially now. Thank you.

A handwritten signature in blue ink that reads "Elizabeth J. Freeman". The signature is fluid and cursive.

**Elizabeth Joyce Freeman
Director**





A Message from the Secretary of Veterans Affairs

Dear Veteran:

I want to alert you to three recent decisions that will improve health care for veterans in your community and across the nation.

First, President Bush will propose to Congress the largest budgetary increase for health care in the history of the Department of Veterans Affairs. It is 7.7-percent larger than the expected fiscal year 2003 level. The President, in a time of tough budget decisions, has again stepped up to the line on funding to keep America's promise to veterans.

Second, in the annual health care enrollment decision required by law, I announced the continuation of health care enrollment for 6.8 million veterans in Priority Groups 1 through 7, with a suspension of enrollment for new Priority Group 8 veterans.

Third is a new plan between VA and the Department of Health and Human Services for a program that will allow eligible veterans to use their Medicare benefits for VA care.

Together, these actions will make a significant difference to our core constituency - the nation's service-disabled veterans and the nation's poorest veterans. VA faces the largest patient load in its history, and it is mushrooming. More than half of new enrollees are higher-income veterans without compensable service-related medical problems. Without an enrollment suspension, demand will outstrip our capacity in staff and resources, further reducing our ability to serve our core constituency. These actions together will help us maintain health care quality and continue to reduce waiting lists for services at VA hospitals and clinics.

I ask for support for these aggressive measures from veterans and their families, veterans service organizations and all Americans. These steps will allow VA to provide better access to reliable, timely and compassionate health care to those with disabilities related to their military service, to low-income veterans and to those with special medical needs, such as blindness and spinal cord injuries.

Anthony J. Principi
Secretary of Veterans Affairs

Deborah Holden-Grogan Appointed Secretary to the Associate Director



The Director's Office is pleased to announce the appointment of Deborah Holden-Grogan as Secretary to the Associate Director. Ms. Holden-Grogan comes to us with over 16 years of administrative and secretarial experience in both the private sector and government. Deborah's most recent position was Executive Assistant to the Division President of Amdocs, a software company in San Jose.

Deborah's prior administrative experience included the following positions: Assistant to the Vice President of Global Sales and Alliances at Amdocs, an Administrative Assistant at A.M. Best Company (an insurance rating agency) in New Jersey, an Accounts Receivable Clerk for a steel manufacturer, a Business Management Assistant and Secretary to the District Director of the Small Business Administration in Los Angeles, Secretary to the Chief of Personnel and the Assistant Chief of Psychology at the VA Hospital in Sepulveda, CA, and a clerk typist at the Department of the Army in Dover, NJ.

She is a proud mom to her daughter, Jennie, who was recently married to Corey, and to her son, Quentin, who attends Oak Grove High School. She likes to read, sew, and do crafts. For the last five years her vacations have been short-term mission trips to St. Lucia, New York state, and Ireland. Deborah is a native of California and has also lived in New Jersey and Utah.

Frederick Kraemer, MD Selected ACOS for Research and Development

Frederick Kraemer, MD has been selected to serve as Associate Chief-of-Staff for Research and Development at the VA Palo Alto Health Care System. Dr. Kraemer is now responsible for the Research budget, programs, and regulatory agency compliance. He believes the most enjoyable part of his new duties, however, is supporting his fellow researchers in their projects, collaborations, recruitment and infrastructure.

Previously Dr. Kraemer served the VA as Chief of Endocrinology, physician, endocrinologist, and biomedical researcher.

Dr. Kraemer earned his medical degree from New York University in 1974. After completing his residency in internal medicine at Kings County Hospital, Downstate Medical School, he completed a fellowship in endocrinology and gerontology at Stanford University School of Medicine. He joined the Stanford faculty in 1983, currently serving as professor and Chief of Endocrinology and Gerontology. Dr. Kraemer joined the VA in 1988.

Dr. Kraemer lives in Stanford and enjoys sports (especially golf), theater, and museums.

Learn more about your health!

COLON CANCER CONFERENCE

VAPAHCS Cancer Program is inviting patients, their families and the public to a Colon Cancer Conference.

**The Conference will be held at the Palo Alto Division, Building 101, Auditorium,
March 17, 2003 from 10:00 a.m. - 2:00 p.m.**

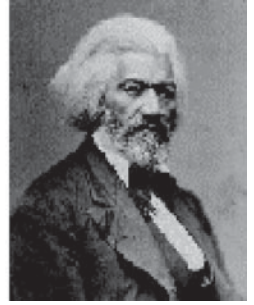
To answer questions or to notify us that you will be attending, please call our COLON Cancer Conference Phone Line:

(800) 304-5333 and Press #3.

African-American History Month QUIZ!

Since Carter G. Woodson initiated the Negro History Week celebration in 1926, February has been devoted to the recognition and exploration of African-American history. Why February? Many notable African-Americans were born in February, including Frederick Douglass, W.E.B. DuBois, Langston Hughes, and Eubie Blake. This month also marks the founding of the NAACP, the meeting of the first Pan-African Conference, and the anniversary of Hiram Revels of Mississippi taking the oath of office as the first African-American Senator in 1870. During African-American History Month, we have the chance to explore the history and culture of African-Americans, an essential part of American History.

And now, put your knowledge to the test! Take the African-American History Month Quiz. Name each of the individuals below, and check the correct box for each of the following questions:



1 _____

2 _____

3 _____

4 _____

5 _____

1. "All the courage and competitiveness of Jackie Robinson affects me to this day. If I patterned my life after anyone it was him, not because he was the first black baseball player in the majors but because he was a hero."

☐ Barry Bonds
☐ Tony Dungy
☐ Rickey Henderson
☐ Kareem Abdul-Jabbar
☐ Tiger Woods

2. "I used to want the words "She tried" on my tombstone. Now I want "She did it."

☐ Zora Neal Hurston
☐ Katherine Dunham
☐ Barbara Jordan
☐ Sojourner Truth
☐ Eleanor Holmes Norton

3. "Defining myself, as opposed to being defined by others, is one of the most difficult challenges I face."

☐ Clarence Thomas
☐ Tina Turner
☐ Philip Randolph
☐ Michael Jordan
☐ Carol Mosely-Braun

4. Recipient of the Nobel Peace Prize in 1950 for his efforts to mediate peace in the Middle-East. He was a former professor of political science at Howard University and served as undersecretary-general of the United Nations.

☐ Len Elmore
☐ Larry Doby
☐ Dennis Green
☐ Ralph Bunche

5. Name the African-American who was part of Admiral Peary's expedition to the North Pole and was fluent in Eskimo native languages. In 1909, he became the first American to reach the North Pole and claim it for the U.S.

☐ Frederick Gregory
☐ Matthew Henson
☐ Matthew Smith
☐ James Kilkenney

6. Physicist who did groundbreaking work in the field of electrodynamics, producing high voltage electricity from flowing gas, this African-American inventor also won an Olympic silver medal in 1952.

☐ Meriedith Gourline
☐ Katherine Johnson
☐ Herman Branson
☐ Frederick Jones

(continued on next page)

7. Who was the African-American physicist and astronaut who died in the explosion of the Challenger space shuttle in 1986.

- ☐ Ronald McNair
- ☐ Guion Bluford
- ☐ Mae Jemison
- ☐ Bernard Harris

8. For 50 years, she was Colorado's only African-American physician, delivering nearly 7,000 babies, and making all of her house calls by streetcar or taxi. Her home is now the site of the Black American West Museum and Heritage Center.

- ☐ Mary Church Terrell
- ☐ Annette Jones
- ☐ Justina Ford
- ☐ Phyllis Wheatley

9. This medical school, formed in 1876, has graduated nearly 15 percent of all African-American physicians and dentists practicing in the United States. What is the name of the school?

- ☐ Howard University Medical School
- ☐ Meharry Medical College
- ☐ Medical College of Alabama
- ☐ Morehouse School of Medicine

10. Dr. Martin Luther King, Jr. was awarded the Nobel Peace Prize at age 35. In his acceptance speech, on December 10, 1964, Dr. King described "civilization and violence" as

- ☐ "fundamentally at the root of Western culture"
- ☐ "antithetical concepts"
- ☐ "American as apple pie"
- ☐ "Intertwined throughout world history"

11. Which historic civil rights event did not happen in February?

- ☐ Montgomery bus boycott arrests
- ☐ Ratification of the 15th Amendment allowing African-Americans to vote
- ☐ The Greensboro, NC, Woolworth's sit-in
- ☐ Assassination of Dr. Martin Luther King, Jr.

12. In 1872, Elijah McCoy patented a device that made trains run faster. Although many train officials were reluctant to use an African-American man's invention, many realized that nothing worked as well as the "real McCoy." Which of the following devices was the "real McCoy?"

- ☐ Heavy-duty train rails
- ☐ Engine pistons
- ☐ Automatic steam release system
- ☐ Lubricator for steam engines

Name: _____

Service: _____

Mail Code: _____

Extension: _____

Please send your completed quiz to the EEO Program Office (00E), Building 101, Room A3-140, Palo Alto Division or fax it to extension 60101 by Friday, February 22, 2003. Prizes will be awarded to the employees with all correct answers. The Winners will be announced on February 25, at the Livermore Black History Month Celebration!! Winners do not need to be present to receive their prize!

VHA Privacy Policy Mandatory Training

All employees, student trainees, medical residents, volunteers and some contractors are required to complete the VHA Privacy Policy Mandatory Training by April 14, 2003. This is a requirement of the Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule.

Training can be accessed through:

- a. <http://vhaprivacytraining.med.va.gov>
- b. <http://vapaweb/> under Employee Education, VHA Privacy Policy Training

A print version of the course is available through the privacy officer for those who do not have computer access. For any questions or additional information, please contact Ana Marie Vitente (Privacy Officer) at extension 64616 or Pat McCarthy (Nursing Educator) at extension 65369.

National Black History Month Celebrations

Featuring the Voices of African-American Heritage Choir!

February 5	PAD Auditorium	11:30 a.m.
February 12	MPD Auditorium	11:30 a.m.
February 19	Monterey Clinic	11:30 a.m.
February 25	LVD Recreation Room	11:30 a.m.

The African-American Special Emphasis Program Committee will be sponsoring a video film festival featuring four one-hour videos: African-American Men, African-American Women, African-American Children and The African-American Family. The series examines the historical and contemporary portraits of the African-American families, the strength of the women, the spirit of the men and the promise of the children. Each will be presented at PAD, LVD and MPD on Wednesdays, February 5, 12, 19, and 26, in the Canteen/Employee Lounges. A different video will be presented at each site on the scheduled film dates. Canteen Service will be offering "Soul Food" on their menu every Wednesday in February.



Ms. California to Participate in National Salute to Hospitalized Veterans

Ms. California 2002, Jennifer Glover is one of several other guests that will be visiting inpatients at the Palo Alto, Menlo Park and Livermore Divisions during the week of February 14th.

The purpose of the National Salute to Hospitalized Veterans Program is to:

- pay tribute and express appreciation to hospitalized veterans;
- increase community awareness of the role of the VA medical center;
- encourage citizens to visit hospitalized veterans and to become involved as volunteers

The week of February 14th each year is your opportunity to say thank you to a special group of men and women, more than 98,000 veterans of the U.S. armed services who are cared for every day in Department of Veterans Affairs (VA) medical centers, outpatient clinics, domiciliaries, and nursing homes.

Celebrated actor Gerald McRaney - who played a U.S. Marine in the television show "Major Dad" - is chairman of the Department of Veterans Affairs 2003 National Salute to Hospitalized Veterans. As chairman, McRaney will lead VA's annual patient recognition program inviting the public to visit and honor hospitalized veterans across the country during the National Salute Week, Feb. 10-16, and throughout the year. In addition, he will serve as a national spokesperson for the nearly 100,000 volunteers who serve veterans in VA facilities.



VISN 21-22 Leadership Development Institute (LDI) Participants Selected

Congratulations to **Tracy Dekelboun**, SCI Service, **Alice Espindola**, Medicine Service, **Liz Jessen**, WBRC, **Brian Kelly**, Fiscal Service, **Patt McFarlin**, Nursing Service, **Ken Owens**, Business Office, **Lori Peery**, COS Office, **Larry Price**, A&MM Service, **Lori Russo**, GRECC, and **Katranker Thompson**, Social Work Service for being selected to attend the first Sierra Pacific and Desert Pacific Healthcare Networks joint VISN 21-22 Leadership Development Institute (LDI). This program was developed as part of succession planning, and is aligned with the High Performance Development Model and national leadership programs. It expresses the Networks' commitment to continuous learning and the development of employees.

The purpose of the program is to provide leadership skills to individuals with recognized potential for higher-level leadership positions. We

anticipate that the collaboration between the two Networks will provide participants with a unique opportunity to learn the "best of both worlds." Faculty will include senior leaders from both Networks. As a result of participation in the Leadership Development Institute program, participants will be able to: Describe the demands and competencies associated with successful leadership, Identify their relative strengths, career goals and ambitions, and how they can find the best fit in VA for their unique talents, Better understand the overall operation of the Department of Veterans Affairs, Veterans Healthcare Administration, and the VISNs, Understand facility and VISN operations outside their own areas of expertise, and Demonstrate their commitment to VA and to their own leadership development.

You Make a Difference!

Submitted by our veterans and their families. We welcome more contributions from LVD, Stockton, Modesto, San Jose, and Monterey.

For the past several years, **Brett Fenster**, M.D. (PAD), Medical Service, and **Marie Macy**, R.N.P., (PAD), Surgical Service, have provided me medical care that has been nothing short of SPLENDID.

I was recently operated on for knee troubles at the VA Palo Alto. It was my good fortune to be dealt with by patient, knowledgeable, and understanding medical staff. Everything was explained with warmth and concern. The doctor at VA Monterey helped speed my movement to attention in Palo Alto. You can be proud of the attitude of our local VA.

Thank you.

P.S. My knee is almost pain free after four weeks!

I wanted to write to you to commend one of your physicians, **Dr. Robert Lemons**, (San Jose Clinic) Medical Service. He was my primary care physician for more than nine years in Monterey, before he moved to the San Jose Clinic. During the time I was under his care, he was superb...always insuring that I was completely satisfied. He is a wonderful example of all that is right with the VA Healthcare System.

I was a patient at the **Livermore VA Hospital on the 5th floor**. I would like you to know that the entire staff were absolutely devoted to their profession. The staff is accommodating and professional. Thank you for a job well done and good taste in employees.

One of your employees, **Mary Gaines**, (PAD) Business Office, was most helpful and courteous to me when she handled my questions on the phone. Having had many experiences of pushing buttons and never getting a human voice, it was most comforting to hear such a pleasant one. The Veterans Administration is fortunate in having such a competent employee.

I would like to take a moment to share my thoughts with you regarding one of your employees, **Victoria Layton** (PAD), Business Office. I

was feeling overwhelmed and a little uncertain that I could make it through the day. Within a few minutes of meeting Victoria, I felt more at ease. I found such comfort knowing that this person understood what I was going through and was sensitive to my feelings as well as those of my family. Victoria's dedication, compassion, capability, and professionalism set the tone for my day.

I would like you to know how much I appreciated **Ms. Mireya Cordova's** (PAD), Nursing Service, good and professional work and her sensitivity to my needs during a very stressful time.

I am writing this letter because of the outstanding services that the Audiology Service provided me the past five years. I am particularly grateful to my audiologist, **Barbara Blazek** (PAD), Audiology/Speech Pathology Service, for the professional services and quality I have received. I have a clear understanding of my hearing loss and what realistically can be done about it. Both my wife and I are very appreciative of the difference Barbara has made possible to our daily life. It is caring people like Barbara that truly make a difference. (Another patient told us the following:) **Pat Derby** (Livermore), Audiology/Speech Pathology Service, went way beyond the call of duty to help me.

I have been coming to the Livermore VA for nearly two years now. I never cease to be impressed by the level of care your healthcare facility provides. It goes to every facet of service. The doctors are outstanding. Praise goes to Pharmacy, the nurses, and even the office staff who process one in when there for an appointment. The **Coumadin Clinic** goes above and beyond in their efforts.

I love the Modesto Clinic: **Dr. Judith Tyler**, Psychology Service, **Dr. Anita Prabhu**, **Dr. Elmer Ignacio**, the staff. That organization makes me feel good about myself and about service to my country. I see the way they treat my fellow veterans and I feel proud. I love the kind of great all out effort these folks show.

Oral Health Tips (cont'd from front page)

- Choose a toothbrush with soft bristles and rounded ends. Make sure it is not too big for your mouth.
- Replace your toothbrush every three or four months or especially after you have been sick.
- Use dental floss at least once a day to cleanse the areas in between your teeth where the toothbrush cannot reach.
- Don't smoke! Besides staining your teeth, smoking contributes to gum disease. Tobacco is the primary cause of oral cancers.

Smoking a pack of cigarettes a day or using a smokeless tobacco product quadruples your risk of developing oral cancer.

- Snacking on celery, carrots or apples helps clear away loose food and debris and does not promote decay, as sugary snacks will.
- See your dentist on a regular basis - it is one of the most important steps you can take to maintain or improve your oral health.

EMPLOYEE NEWS

New Employees

Anesthesiology Svc.
Edith Hopkins
Heintje Magpoc
Ramon Quinonez

Environmental Mgmt. Svc.
Clyde Frazier
Juan Gutierrez

Medical Svc.
Peter I. Lee
Kyeong Park
L. Vaszar

Nursing Svc.
Marites Bernas
Dolores Cabrera
Simeon Cabrera
Eileen Hoffman

Nursing Svc. (cont'd)
Mary Hooper
Sharon Johnson
Dawn M. Kruse
Alicia Padmore
Adolfo Papilla
Grace Sia

Nutrition & Food Svc.
Jose A. Manulid

Pathology & Laboratory Svc.
Leesharon Bonds

Physical Med & Rehab Svc.
Carol Ann Addeo
Johnny Q. Fang
Daniela Lita

Prosthetics Svc.
Sonja Schultz

QSACC Svc.
Preeti Kalra

Radiology Svc.
John Shek

Readj Counseling Svc.
Karen R. Roth

Ward Admin. Svc.
Kathy Hayes
Alisa Patterson
Deborah Peloso

Retirees

Engineering Svc.
Ronald Booth (15)

Engineering Svc.
Donald Davis (15)

Blind Rehabilitation Center
William Ekstrom (35)

Surgical Svc.
Lawrence Onitsuka (32)

Blind Rehabilitation Center
Judi Reid (13)

Nursing Svc.
Araceli Simeon (18)

Radiology Svc.
Carolyn Truitt (32)

Social Work Svc.
Mary Varley (15)

(Years of service are indicated in parentheses.)

Employee Service Awards

10 Years

Irene Bermudez
Nursing Svc.

Susan Bourgeois
Dental Svc.

Robin Braxton
Psychology Svc.

Stephanie Clinton
Research Svc.

Catherine Cook
Nursing Svc.

Cynthia Dutra-Brice
Medical Svc.

Colleen Formoso
Blind Rehabilitation Center

Rowena Galand
Pathology & Laboratory Svc.

Katherine Hevener
Blind Rehabilitation Center

Karen Hopkins
Nursing Svc.

Josefina Karaca
Nursing Svc.

April Kepney
Medical Information Svc.

Lawrence Yu An Lou
IRMS

Kathlyn McDonough
Pharmacy Svc.

Rita Ohriner
Veterans Center

Debra Roberts
Nursing Svc.

Trevor Rutherford
Nutrition & Food Svc.

Ann Struck
Medical Information Svc.

Flerida Tomboc
Nursing Svc.

Hendrick Van Der Loos
Research Svc.

15 Years

Joanne Baker
Blind Rehabilitation Center

Margaret Baldwin
Nursing Svc.

Anthony Bennett
Nursing Svc.

Stephen Burgor
Chief of Staff

Tracy Dekelboum
Spinal Cord Injury

Thomas Fitzgerald
Environmental Mgmt. Svc.

Gloria Franklin
Nursing Svc.

Marites Garcia
Pharmacy Svc.

Brain Kelly
Fiscal Svc.

Elouise Mackety
Business Office

Gary Miles
Psychology Svc.
Richard Mills
Nursing Svc.

Bishr Omary
Medical Svc.

Hedva Porat-Martin
Psychology Svc.

Erma Uribe
Acquisition & Materiel Mgmt.

Shirley Warren
Social Work Svc.

Bruce Wilson
Nursing Svc.

20 Years

Lourdes Hulog
Pathology & Laboratory Svc.

Theresa Oros
Blind Rehabilitation Center

Brad Myers
Engineering Svc.

Timothy Peck
IRMS

Orel Price
Environmental Mgmt. Svc.

Priscilla Sarinas
Medical Svc.

Jeanne Schaefer
Director's Office

25 Years

Carolyn Evans
Spinal Cord Injury

Terry Miller
Psychiatry Svc.

Carol Yamane
Chief of Staff

30 Years

Eric Jacobson
Business Office

James Morrison
Business Office

Jared Tinklenberg
Psychiatry Svc.

35 Years

George Crowder
Engineering Svc.

Audrey Ellis
Fiscal Svc.

Sharon Lindsay
Pathology & Laboratory Svc.

Donna Niedens
Physical Med & Rehab. Svc.

February Word Search



V A L E N T I N E C U P I D D A Y Y
C A N M A R D I G R A S L O E V
H O G G R O N U D H E A T R S I
I Y A D S T N E D I S E R P L F
P C D C O O K I E C L I N E C L
S C A I D K E H S W A E G T H E
S W E E P L A N E G D N L I V E
G O H D N U O R G A A O D R S G
R V A L E N C V T B R L A Y R B
B L S W E E T H E A R T H I E S
H I S N B L A C K H O T S S W Y
S H O L P I N G H O W G L I O F
E Y R O T S I H K C A L B P L R
P R E C S I D N E T L I N C F L
P I N N W A S H I N G T O N C N
C A N I D Y A R R O R A R R R N
R V A L E N T I N E R I N G T O
W I F E L O H U B B Y T T D E T

Find the following words in the letters above:

Angel	Cupid	Lincoln	Sweetheart
Arrow	Flowers	Love	Valentine
Black history	Groundhog	Mardi gras	Washington
Candy	Hearts	Presidents day	

CARES: Capital Asset Realignment for Enhanced Services Comment Form

Name: _____

Address: _____

Phone: _____

My relationship to the VA is: _____

☐ Veterans Service Organization (VSO). Please name VSO: _____

☐ Congressional Office. Please name office: _____

☐ Veteran/Patient

☐ VA Employee

☐ Medical School Affiliate. Please name Medical School: _____

☐ Volunteer

☐ Department of Defense. Please name Agency: _____

☐ Labor Union. AFGE 1601 _____ AFGE 2110 _____

☐ Other _____

Comments: _____

Please feel free to submit additional comments if desired.

Submit to: **William Ball (00A)**



is published monthly
by and for employees of the
VA Palo Alto Health Care System.

Submissions should be received by
the 1st working day of the month to
be included in upcoming issues.

Due to space limitations, it is not
possible to publish all submissions.

We welcome any comments,
suggestions or story ideas
you may have; please contact the
Communications Officer (00A) at
ext. 64888 or directly at
650-858-3925.

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